

Playnormous Healthy Recipes

Strawberry Split 'N Spikes

Ingredients:

- 16 fresh strawberries
- 2 bananas
- 2 cups non-fat vanilla yogurt
- 4 Tablespoons slivered almonds

Directions:

1. At the sink, wash 16 strawberries in a colander under cold, running water.
2. Place the strawberries in a mixing bowl.
3. Dry your hands on a clean towel.
4. Peel the bananas.
5. On a cutting board, cut each banana into 4 pieces with a knife.
6. On a cutting board, cut the stems off the strawberries and then cut them in half.
7. Measure 2 cups of nonfat vanilla yogurt.
8. Divide the yogurt between 4 serving bowls.
9. Divide the strawberries and bananas equally between the 4 serving bowls.
10. Measure 1 tablespoon of slivered almonds and place on top of the strawberries, bananas, and yogurt in one serving bowl.
11. Repeat the measuring and addition of almonds 3 more times (once for each serving bowl).

Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 1.5 fruits.

Safety:

- Keep your fingers curled under while using the knife to avoid cutting your fingers.

Substitutions:

- Try fresh or frozen berries such as raspberries or blueberries.
- Use walnuts or pecan pieces, granola, or cereal in place of the almond slivers.
- Try with any flavor of non-fat or low-fat yogurt.

Source: Children's Nutrition Research Center at Baylor College of Medicine

